

YOGA CLASSES

ASHTANGA YOGA

For the more experienced yoga practitioner. Ashtanga integrates an intense Vinyasa progression with the power of the Ujjayi (or ocean) breath and bandhas (energy centers of the body). Be prepared for a vigorous workout.

ASHTANGA VINYASA FLOW

Ashtanga Vinyasa Flow is a breath based practice in which range of motion activities are completed through vigorous Asana. This class is for all able-bodied people who are willing to explore postures through breath.

BEGINNING YOGA

Ongoing level. An extension into yoga that is accessible by beginners but includes intermediate stretching and strengthening work.

CORE YOGA

Learn to apply the principles of core strength and stability to your yoga practice. We will incorporate core stabilization/strengthening techniques that relate to specific yoga postures. By emphasizing safety, alignment, postural awareness, balance and sustainability, you will build a stronger foundation and find more freedom in your movement.

DE-STRESS YOGA

Shake off accumulated stress of the day with a dynamic yoga warmup, then sink into restorative poses and mindfulness practices designed to open and calm the body and mind. Balance is your natural state; allow yoga to remind you of that truth. All levels.

GENTLE YOGA

Light Yoga stretching and strength work for all levels. Very basic, easy work and stretching to help the process of aging.

VINYASA YOGA FOR STRENGTH & RECOVERY

Following an all levels yoga sequence designed to release tired muscles and mind, relax into an effortless guided meditation experience promoting overall balance. No experience necessary.

YOGA

This class blends a variety of yogic and core-strengthening exercise practices to create a workout for flexibility, strength, balance, coordination, and postural alignment. Incorporates dynamic breath work while emphasizing strengthening of all the muscles, especially the abs and lower back.

YOGA FOR STRENGTH & FLEXIBILITY

This is an all levels class designed for those looking to optimize their physical and mental strength, flexibility and stamina on and off the mat. This class emphasizes the integrity of body, mind and breath through carefully designed sequences of movement and breathwork that cultivate mind-body integration, promote physical and mental awareness, and develop functional movement patterns. Variations are offered to accommodate people of all ages, body types, skills and abilities.